

ART. XXII.—*Mental Hygiene; or, an Examination of the Intellect and Passions, designed to illustrate their Influence on Health and the Duration of Life.* By WILLIAM SWEETSER, M. D., late Professor of the Theory and Practice of Physic, &c., New York: J. & H. G. Langley, 1843, pp. 270, 12mo.

WE have here an agreeable, well written, and carefully digested treatise on one of the most interesting branches of medical inquiry; the influence of mind upon matter, or, in other words, of the intellect and the passions upon the functions and health of the body. Our author has sought to awaken attention, and to direct it when so excited, to the investigation of the important truths which are embraced in mental hygiene, and has brought to his assistance much apt and well arranged illustration, though, perhaps, not as recent as he might have obtained.

The work is divided into two parts. The first, is occupied with an examination of the intellectual operations in their relation to the functions of the body and of their effect upon the general health. Dr. Sweetser shows the importance of a proper cultivation of the intellect, and also that the evils resulting to the constitution from intellectual exertions, excepting when these are carried to too great an extent, are not the consequence of the mere intellectual effort, but depend upon the passions which are found almost invariably to mingle their poison with the draughts of knowledge which the student seeks to drain, or upon an inattention to the proper rules of exercise and diet, so essential to the maintenance of health. Indeed, abundant proof exists, that the votaries of science and of knowledge are, *cæteris paribus*, among the longest-lived of the human race.

In the second portion of the book, the passions are shown in their effects upon the health. They are divided into the pleasurable, the painful, and the mixed, and are studied at much length under these several heads. We cannot close this brief notice better than with this general proposition deduced by the author from his examination of the passions: "Having reference only to the laws of our present organization, it seems to me that no truth can be more plain than that pure and well-regulated moral affections are essential to the greatest good of the entire animal economy, that the turbulent and evil passions must necessarily corrupt the sources of our physical, moral, and intellectual health, and thus be followed by the severest penalties to our whole nature." C. R. K.

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ART. XXIII.—*Meteorology; comprising a description of the atmosphere and its phenomena, the laws of climate in general, and especially the climatic features peculiar to the region of the United States; with some remarks upon the climates of the ancient world, as based on Fossil Geology.* By SAMUEL FORRY, M. D. Extra New World, New York. J. Winchester, 1843.

THE object of Dr. Forry in this work is to give a general view of Meteorology, in its relation to the laws of climate, and at the same time to present some interesting researches respecting climatology, both in its general aspect, and, more particularly, in its peculiar bearings upon the region of the United States.

The readers of this journal are already well acquainted with the labours of the author in this department of science, the results of which he has formerly laid before them in several able papers. It is, therefore, sufficient to mention here, that these deductions and others of a more general nature are contained within the pages of the work before us, and that the whole matter has been arranged in a form which will render it particularly valuable to the general reader. It is well known, that the medical board of the army has compiled for the use of the officers at the different military stations throughout this extensive country, a series of directions to which they must conform and by which they are to be guided in making meteorological observations. But it so happens that the central portions of the Union are almost entirely without military posts,

which are arranged along two lines, following the sea-coast and the Mississippi. So that the observations, perfect as far as they go, must be to a certain extent defective as regards the central States. Individuals scattered throughout these must, therefore, be induced to lend their aid, to fill up the chain.

In furtherance of this object, we think that the book before us will have a good effect. By rendering the subject interesting and by setting forth the results already obtained, at the same time that the method of reaching them is simply yet sufficiently explained, we doubt not that many will be induced, from reading the book, to apply themselves to the collection of facts; more particularly so, as there are really no very serious obstacles to deter them from it.

The concluding chapter contains an account, from the pen of Dr. C. A. Lee, of the climates of the ancient world, for which the materials are drawn from fossil geology.

C. R. K.

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ART. XXIV.—*A Conspectus of the Pharmacopœias of the London, Edinburgh, and Dublin Colleges of Physicians, and of the United States Pharmacopœia, being a Practical Compendium of Materia Medica and Pharmacy.* By ANTHONY TODD THOMSON, M.D., F.L.S. &c. The second American edition, much enlarged and improved. Edited by CHARLES A. LEE, M.D. From the thirteenth English edition, 12mo., New York, 1843. J. & H. G. Langley.

THE author of this work, Dr. Thomson, has long laboured in the department of materia medica, and among the numerous authors who have contributed to its improvement, may at the present time be regarded as a patriarch. His works are generally very voluminous, but in the present instance, he has abandoned his wonted course, and by considerable pains-taking, has given to the public what may be termed a labour-saving production. The arrangement of the volume is alphabetical, and it comprises the different articles and their preparations. Each article is designated by the name it possesses in the *Pharmacopœias*, and there are indicated in succession, its natural history, its source, the portion of the world whence derived, its composition, properties, operation, use, dose, and official preparations. To chemical substances are added the incompatibles. Under each preparation, to be found in its appropriate position, is given the mode of obtaining it with the formula which has been directed by the London *Pharmacopœia* usually.

Upon the plan specified, the main body of the work has been executed, but preceding it is an introduction, which is a condensed pharmaceutical essay, and following it is an alphabetical exposition of poisons, the analysis of urine, the art of prescribing medicines, with prescriptions and dietetic preparations, tables of chemical affinity, &c., weights and measures, directions for preparing baths, and the composition of the most noted mineral springs.

With regard to this little production, we fully endorse what is stated by the American editor in his preface, that "it is in reality a complete summary or comprehensive epitome of the science of pharmacy and materia medica; comprising an amount of information altogether unparalleled, we believe, in so small a space." His labours have been directed to supplying such deficiencies as appeared to him to exist, and "advantage has therefore been taken of the recent publication of the new edition of the *United States Pharmacopœia*, and its improved processes and new preparations, together with its nomenclature, will be found embodied in these pages." The indigenous articles of the United States have been added.

J. C.